



Smoking Cessation

Setting the Stage to Quit:
an Overview of the Process

Health and Wellness Series

Customer Training Department



Your Experience

- Length of time using tobacco
- Past efforts to quit
- Your benefit from quitting

Why Quit?

- Health benefits
- Money savings
- Focus on a positive result

Mood Management

- Nutrition
- Exercise
- Deep breathing
- Sleep
- Visualization
- Relax, stretch, reach
- Reframe
- Manage time
- Change the scene
- Smile

Environmental Triggers

- Events
- Feelings
- People

Healthy Alternatives

- Replace tobacco with something pleasurable
- Select event or feeling or person that triggers tobacco use
- Discuss healthy alternatives in place of tobacco

Detox

- Consult your doctor
- Nicotine gum
- Nicotine patch
- Nicotine nasal spray
- Nicotine inhaler
- Prescription

Relapse

- Tobacco risk situation
- Inadequate coping response
- Opportunity to fine tune coping strategies
- Be kind to yourself

Tips for Staying Quit

- Buddy system
- Monitor yourself for signs of fatigue
- Use simple relaxation techniques
- Patience & Persistence

Resources

- American Lung Association
www.lungusa.org
- American Cancer Society
www.cancer.org
- Your Assistance Program
www.magellanhealth.com

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- Please fill out evaluations
- Thank you for participating